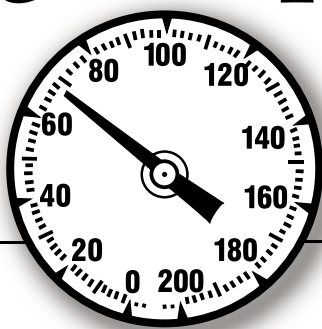


Cooking Temperatures



Product	Fahrenheit
Eggs & Egg Dishes	
Eggs	Cook until yolk & white are firm
Egg dishes	160
Ground Meat & Meat Mixtures	
Turkey, chicken	170
Veal, beef, lamb, pork	160
Fresh Beef	
Rare (<i>some bacterial risk</i>)	140
Medium	160
Well done	170
Fresh Veal	
Medium	160
Well done	170
Fresh Lamb	
Medium	160
Well done	170
Fresh Pork	
Medium	160
Well done	170
Poultry	
Chicken, whole	180
Turkey, whole	180
Poultry breasts, roasts	170
Poultry thighs, wings	Cook until juices run clear
Stuffing (<i>cooked alone or in bird</i>)	165
Duck & goose	180
Ham	
Fresh (<i>raw</i>)	160
Precooked (<i>to reheat</i>)	140



County of San Bernardino • Human Services System
 Department of Public Health
 DIVISION OF ENVIRONMENTAL HEALTH SERVICES
 Visit our web site: www.sbcounty.gov/dehs

385 N. Arrowhead Ave., 2nd Floor
 San Bernardino, CA 92415-0160
 FOOD PROGRAM (909) 387-4608